

Government College Ropar

Teaching Plan (Semester I) Session (2019-2020)

Class: BA I
Subject: Home Science

Name of the Teacher: Navneet Kaur Brar
Paper: Theory & Practical

HOME MANAGEMENT AND HYGIENE

S. No	Topics to be Covered
Week 1	Home: Meaning and importance of Home Science. a. Functions of Home b. Renting v/s owning Practical: Cleaning and polishing of household metals: brass, copper.
Week 2	c. Selection of site, soil, locality for a house. d. Principles of planning a house, orientation aspect, prospect, privacy, roominess, grouping, flexibility, circulation, sanitation, furniture requirement and practical considerations. Practical: Cleaning and polishing of household metals: silver, gold.
Week 3	Furniture: Basic consideration while selection of furniture. Practical: Cleaning and polishing of household metals: aluminium, iron. Assignment
Week 4	Elements of Art: Line, form, shape, texture, size. Practical: Cleaning and polishing of household metals: steel, non-stick pans.
Week 5	Principles of Art in relation to interior decoration, harmony, balance, rhythm, proportion and emphasis. Practical: Cleaning of leather.
Week 6	Hygiene: a. Definition of hygiene. b. Definition of infection, sources, carrier and control Practical: Cleaning of leather.

Principal
Govt. College
Ropar

Navneet Kaur (ARVINDER KAUR)

Teacher of the Home Science Department of Government College, ROPAR

Week 7	c. Definition and types of immunity Practical: Cleaning of glass window panes
Week 8	Causes and spread of following diseases: a. Caused by insects-malaria, dengue Practical: Cleaning of glass window panes
Week 9	Causes and spread of following diseases: b. Conveyed by ingestion-enteric fever, cholera, dysentery and diarrhoea. Practical: Cleaning of plastic articles.
Week 10	Revision Mid-Semester exams
Week 11	Causes and spread of following diseases: c. Spread by droplet infection, chicken pox, measles, mumps and tuberculosis. Practical: Care and cleaning of refrigerators,
Week 12	Causes and spread of following diseases: d. Sexually transmitted diseases – AIDS. Practical: Care and cleaning of food processors
Week 13	Food Hygiene: a. Definition b. Hygiene during preparation, service and storage of food. Practical: Care and cleaning of micro-ovens.
Week 14	c. Food poisoning, causes and prevention. Practical: Cleaning and polishing of wooden furniture.
Week 15	Purification and storage of water for home. Revision Tests Clarification of doubts

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Arvinder Kaur
Head of the Home Science Department
Government College, Ropar

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Teaching Plan (Semester II) Session (2019-2020)

Class: BA I
Subject: Home Science

Name of the Teacher: Navneet Kaur Brar
Paper: Theory & Practical

RESOURCE MANAGEMENT AND HUMAN PHYSIOLOGY

S. No	Topics to be Covered
Week 1	Colour: a. Characteristics of colour, b. Colour Wheel Practical: Floor decoration – making of alpana and rangoli for different occasions.
Week 2	c. Colour schemes d. Use of colour in interior decoration for various rooms. Practical: Floor decoration – making of alpana and rangoli for different occasions.
Week 3	Flower Arrangement: Types, essential equipments used in flower arrangement. Practical: Floor decoration – making of alpana and rangoli for different occasions. Assignment
Week 4	Flower Arrangement: Selection of materials, application of elements and principles of art in it. Practical: Preparing time plans for adolescents and home makers.
Week 5	Resources: Classification of resources human and non-human, factors affecting the use of resources. Practical: Preparing time plans for adolescents and home makers.
Week 6	Money management: Types of income, budgeting its advantages and limitations. Practical: One decorative/utility article from waste material.
Week 7	a. Planning of budget. b. Means of supplementing family income. Practical: One decorative/utility article from waste material.
Week 8	Time management: Steps in making time plans, tools in the time management – peak loads, work curves, rest periods. Practical: One decorative/utility article from waste material.
Week 9	Energy Management: a. Introduction b. Fatigue – types, cause and effects of fatigue c. Principles of work simplification. Practical: Table setting, table manners and napkin foldings.

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Teacher of the Subject: Home Science Department
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Week 10	Revision Mid-Semester exams
Week 11	Circulatory System: a. Blood and its composition. b. Coagulation of blood. Practical: Making of flower arrangement for different rooms.
Week 12	c. Structure and functions of heart. Practical: Making of flower arrangement for different rooms.
Week 13	Digestive System: Structure and function of the alimentary canal. Practical: Making of flower arrangement for different rooms.
Week 14	Structure and function of lungs, kidney and skin. Revision Tests Clarification of doubts

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Arvinder Kaur (ARVINDER KAUR)

Head of the Science Department
Government College, ROPAR